

BOOK REVIEWS

graphs of x-ray films, some photographs of equipment, and graphs.

The work is extremely useful and comprehensive. It is the favorite textbook for our residents and medical students at the University of California, Los Angeles.

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THE PARENTS' MEDICAL MANUAL—Glenn Austin, MD, pediatrician in private practice, Los Altos, CA; with Julia Stone Oliver and John C. Richards. Prentice-Hall, Inc., Publishers, Englewood Cliffs, NJ (07632), 1978. 426 pages, \$15.95 (Cloth), \$8.95 (Paperback).

Glenn Austin, with a wealth of experience in pediatric practice, with two collaborators and an amazing 400 contributors has produced a most helpful and dependable book for parents. Parents should be encouraged to consult this book for many of their problems and responsibilities with their children and to use it as a ready reference.

Dogmatic opinions have been avoided and in many instances contrary views are presented so that parents can decide upon their own point of view.

There is a definite effort to avoid medical jargon—to the extent possible for a medical author. Parents will understand a great deal of the substance of the information and be able to profit. Many such books seem to overshoot the comprehension of many parents. Even those who do not read the book from cover to cover will be able to use it for ready reference.

Dr. Austin urges that pediatric advice should be provided before the birth of the infant, which is sound practice. (He might have counseled about the matter of "routine circumcision.") There are no gross deficiencies—I looked in vain for some reference to masturbation, thought to be so dreadful in some earlier times which parents may remember, although the newspaper columns now are most reassuring on this subject.

I could not agree with each of 400 opinions but the author emphasizes that there are contrary views. (I would not condone repeated smallpox vaccination for genital herpes!)

Physicians can profit from reading this book to help their own advice to parents.

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THE PARENTS' GUIDE TO CHILD RAISING—Editor: Glenn Austin, MD, pediatrician in private practice, Los Altos, California; Associate Editors: Julia Stone Oliver and John C. Richards, MD. Prentice-Hall, Inc., Englewood Cliffs, NJ (07632), 1978. 374 pages, \$15.95 (Hardcover), \$7.95 (Soft cover).

This guide, prepared by Glenn Austin with two collaborators and more than 100 contributing authors, represents a significant departure from the usual format of books on child care designed for parents. The major contribution is the emphasis on encouraging the parent to participate actively in the decision making process and to assume quite properly the responsibility for the day-to-day events and judgments that are required in child raising. In areas where there may be substantial differences of opinion between authorities, conflicting views and differences of opinion by various contributors are clearly outlined, and the parent is thus provided with the opportunity to choose among them for the approach which seems most comfortable at the time.

This volume is divided into nine major sections be-

ginning with a discussion of the problems of parents and continuing through the characteristics of infancy; growth and development; basic training; school and learning problems; and separation, divorce and death.

Subjects covered that are particularly pertinent to our culture today include the interaction of the parents, the single parent family, adoption and alternate birth methods. Detailed instructions concerning breast feeding will be most helpful to many, while bottle feeding is discussed in a manner not likely to cause guilt and anxiety among those unable or unwilling to attempt breast feeding. The sections on understanding behavior and school and learning problems are particularly useful, and will assist parents in avoiding many of the problems frequently encountered.

It is difficult to identify serious omissions or inaccuracies, although I believe most readers would agree that the importance of immunization could have been emphasized in this book. Discussions of adolescence and the health and social problems of older children are not included. Similarly, accidents represent an important problem throughout childhood and have been neglected. The latter is not completely the case, since accidents and poisonings have been considered at length in the companion volume *The Parents' Medical Manual* prepared by the same authors. The importance of nutrition and sound advice in this area is also provided in the other volume.

The book is well written and should be understandable to average parents. The index is useful and the bibliography will be helpful to those interested in exploring particular topics in greater detail. This book can be recommended for parents to read in anticipation of the arrival of their infant, and will be a handy and useful reference to encourage the decision making process throughout infancy and as their child enters the school years.

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HOW TO HAVE INTERCOURSE WITHOUT GETTING SCREWED—Jennifer Wear, MSPH, and King Holmes, MD. Madrona Publishers, Inc., Seattle, Washington, 1976. 184 pages, \$4.95 (Paperback).

This is a delightful book. It is informative, competently written, quite relevant, and scientifically and socially correct. The style is witty and engaging—those who have picked it up off my desk have not put it down until they have completely read it and all smiled when they returned it. It is *not* one of the recent spate of books on "doing it." Rather it seeks to inform about the potential consequences that follow that act and is written for "people who believe ignorance can be self-destructive, and want hard information that is not sugar-coated. It is for people who are sexually active or who think they might like to become sexually active someday—in or out of love, in or out of marriage, with or without children."

So what's "getting screwed"? It's the unwanted side effects of sex. Most of these arise from naive innocence and myth which this book dispels; it begins with male and female reproductive function and anatomy so readers can get a 3-D idea of their bodies and find out how their bodies work. On this foundation, all available methods of contraception are introduced including permanent contraception: vasectomy and tubal ligation. In the event of contraceptive failure or human error, a section on abortion is included. And, advice is given on what to do in regard to medical follow-up after rape.